WARM UP ASSIGNMENTS

Session 1- Friday 5:15pm Meet Start

WU1: 4:00-4:30		WU2: 4:35-5:05	
Indoor Pool		Indoor Pool	
1	CRAW	1	WAVE
2	CRAW	2	WAVE
3	CRAW	3	TAQ
4	CRAW	4	TAQ
5	CRAW	5	FINS
6	CRAW	6	MEMPHIS
7	CRAW	7	CLAC/NOA
8	CRAW	8	TRST/ELMWOOD
Outdoor Pool		Outdoor Pool	
1	CRAW	1	WAVE
2	CRAW	2	WAVE
3	CRAW	3	TAQ
4	CRAW	4	TAQ
5	CRAW	5	FINS
6	CRAW	6	MEMPHIS
7	CRAW	7	CLAC/NOA
8	CRAW	8	TRST/ELMWOOD

Session 2/4- 13 & Over. 8:35am meet start

WU1: 7:00-7:25am		WU2: 7:30-7:55am		WU3: 8:00-8:25am	
Indoor Pool		Indoor Pool		Indoor Pool	
1	CRAW	1	CRAW-LAF	1	WAVE
2	CRAW	2	CRAW-LAF	2	WAVE
3	CRAW	3	CRAW-LAF	3	CLAC
4	CRAW	4	TAQ (SAT)/CCSC (SUN	4	MEMPHIS
5	CRAW	5	TAQ	5	MEMPHIS (SAT)/TRST (SUN)
6	CRAW	6	TAQ	6	TRST
7	CRAW	7	TAQ	7	FINS
8	CRAW	8	ES/AMWYZ	8	COAST/NOA
Outdoor Pool		Outdoor Pool		Outdoor Pool	
1	CRAW	1	CRAW-LAF	1	WAVE
2	CRAW	2	CRAW-LAF	2	WAVE
3	CRAW	3	CRAW-LAF	3	CLAC
4	CRAW	4	TAQ	4	MEMPHIS
5	CRAW	5	TAQ	5	MEMPHIS (SAT)/TRST (SUN)
6	CRAW	6	TAQ	6	TRST
7	CRAW	7	TAQ	7	FINS
8	CRAW	8	ES/AMWYZ	8	COAST/NOA

Sessions 3/5: 12 & Under

Saturday and Sunday			
WU1: 12:30-12:55pm		WU2: 1:00-1:25pm	Meet Begins: 1:35pm
1st Warm Up		*2nd Warm Up*	
Indoor Pool		Indoor Pool	
1	CRAW	1	WAVE
2	CRAW	2	WAVE
3	CRAW	3	FINS
4	CRAW	4	FINS/COAST
5	CRAW	5	CLAC
6	CRAW	6	NOA/TRST
7	TAQ	7	ES/AMWYZ
8	TAQ	8	MEMPHIS
Outdoor Pool		Outdoor Pool	
1	CRAW	1	WAVE
2	CRAW	2	WAVE
3	CRAW	3	FINS
4	CRAW	4	FINS/COAST
5	CRAW	5	CLAC
6	CRAW	6	NOA/TRST
7	TAQ	7	ES/AMWYZ
8	TAQ	8	MEMPHIS